

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02055, Horseradish, prepared

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	85.08	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1998
Energy	kJ	201	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Protein	g	1.18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Total lipid (fat)	g	0.69	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Ash	g	1.76	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Carbohydrate, by difference	g	11.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/1998
Fiber, total dietary	g	3.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Sugars, total	g	7.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Starch	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	11429	01/2003
Minerals													
Calcium, Ca	mg	56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Iron, Fe	mg	0.42	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Phosphorus, P	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Potassium, K	mg	246	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Sodium, Na	mg	420	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2012
Zinc, Zn	mg	0.83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Copper, Cu	mg	0.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Manganese, Mn	mg	0.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Selenium, Se	µg	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Vitamins													
Vitamin C, total ascorbic acid	mg	24.9	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	03/1998
Thiamin	mg	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Riboflavin	mg	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Niacin	mg	0.386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.093	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Vitamin B-6	mg	0.073	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Folate, total	μg	57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1994
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	57	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2006
Folate, DFE	μg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Choline, total	mg	6.5	--	--	--	--	--	--	--	--	Calculated or imputed	11429	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2006
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha ¹	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta ¹	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1997
Lycopene	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	11429	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	11429	01/2003
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	11429	01/2003
Lipids													
Fatty acids, total saturated	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
12:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
16:0	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:0	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.130	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:1 undifferentiated	g	0.127	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
20:1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
22:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Fatty acids, total polyunsaturated	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:2 undifferentiated	g	0.285	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:3 undifferentiated	g	0.053	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2014
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Phytosterols	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1998
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2001

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD